

Single simple question for low mood: The Emoqol-100

Mood inventories like the PHQ-9 or Kessler are very useful in primary care but take time to administer. The latest validation of the Emoqol-100 has new information which enables clinicians to assess their patient's mood quickly.¹

The question goes like this: "How is your emotional quality of life now, with 100 being perfect and zero being the worst imaginable?"

A score of 60 or below is associated with a low mood. A score of 10 or below means the patient is 25 times more likely to have a low mood than for a higher score. It takes about 15 seconds to ask, is simple and does not require the patient to have their glasses handy. To be OK, the patient needs a score of 65/100 or more.

Reference:

1. [Emogol-100: Development and validation of a single question for low mood in primary care. A retrospective audit](#) BJGP Open (2023)

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